SERVING THE PEOPLE OF BABYLAND - St. ROSE OF LIMA & NEW COMMUNITY

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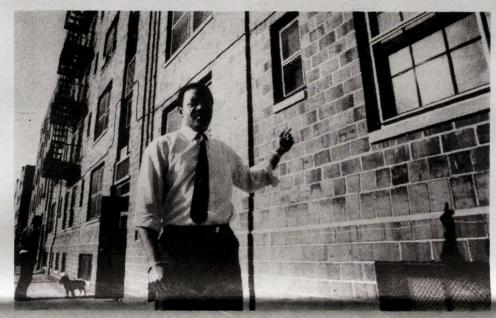
NEWARK, NEW JERSEY

NOVEMBER, 1985

# NCC Begins Renovation Of Douglass-Harrison Apartments

On October 11, 1985, the Douglass-Harrison Housing Corporation (a non-profit affiliate of New Community Corporation) closed a three million dollar mortgage loan with the New Jersey Housing and Mortgage Finance Agency. The loan closing was the culmination of NCC's two-year effort to secure mortgage financing for some needed repairs at Douglass-Harrison apartments.

NCC acquired the Douglass-Harrison complex from the Prudential Insurance Company of America in August of 1983. Douglass-Harrison was built in two stages by Prudential in the early 1930's. The Douglass section (named after Frederick Douglass) bordering on Montgomery Street was opened for occupancy on December 16, 1933. The Harrison section (named after the actor Richard B. Harrison) bordering on Muhammad Ali Drive opened on June 1, 1935. According to Prudential, the complex was built to demonstrate the feasibility of



Francis Thomas, manager of the Douglass-Harrison Apartments, points to one of the windows slated for replacement in the repair program currently underway.

private capital investment in lowrent housing for the urban middle

The renovation work began in late October. The mortgage loan proceeds will be used for three primary purposes: (1) to install all new roofs on every building; (2) to replace every window in the complex with new energy-saving aluminum window systems with insulated glass; and (3) to repair and upgrade the heating system. Additionally, new exterior doors and new exterior lighting will be installed on an ongoing basis.

The Chelsea Construction Company is serving as the construction manager for the project. The work is expected to be completed by early Spring of 1986.

The renovation work is part of NCC's continuing effort to provide good, affordable housing for Newark residents. While NCC has broadened its mission and expanded its activities to include a strong emphasis on economic development and job creation, NCC will never abandon its struggle to see that Newark residents obtain the decent, safe housing which their human rights and dignity demand.

#### Kiwanis Club Donates Phonographs To Babyland



Tots at Babyland I are enthralled by the rhythms of Michael Jackson emanating from their new phonograph. The Kiwanis Club of Newark recently donated three phonographs to Babyland Nursery for classroom use. Donald Brennan and Jules Lozowick of the Kiwanis Club expressed their admiration for the work of both New Community and Babyland.

## Computer Center Completed

If nine months seems like an eternity when awaiting a baby you can imagine what the 18 month preparation period for the arrival of our new computer center was like. But now of course, it is history. With Hewlett-Packard supplying the hardware and OPUS the software, the center is now "alive and well" and enjoying its infancy at St. Joseph Plaza.

Planning for the project actually began under the direction of Jim Rohrman, NCC Systems Manager in January 1983 and involved a year of planning and the introduction of micro-computers into the NCC framework. Within the year 6 IMB personal computers were made available for such things as spread sheets, word processing and data base use. They were also used for specialized programs on maintenance tracking, HUD certification processing in management and for the New Community Federal Credit Union. IBM was chosen because of the wide pool of software available and beause it would interface with whatever hardware was eventually chosen. The personal computers served to eliminate culture shock while employees performed specific tasks on the microcomputers. Their use also resulted in a marked increase in productivity. The personal computers will later act as terminals. After the 20 new terminals for the HP system are installed, the IBM-PC's will be tied in.

Jim next developed and published a Request for Proposal (RFP) which was mailed to ten vendors, detailing the requirements of NCC for its programs. With that out of the way, a project committee of three, consisting of Jim, Skip Lee and Bill Cruz who all had computer backgrounds, began the job of combining business knowledge with computer knowledge in order to develop a system of evaluation for the forthcoming proposals.

An evaluation of all proposals that were close narrowed the field to 2 finalists. Documents from these two were then examined and a complete list of questions, issues and concerns were compiled — software completely analyzed regarding our needs and their proposal. One of the final steps was to arrange a demonstration —

(Please turn to Page 1)

# Columbus Day Parade In Newark



An exuberant Governor Thomas H. Kean shakes the hand of a well-wisher during the Columbus Day parade along Newark's Bloomfield Avenue.



Stepping smartly in precise military rhythm, NCC's color guard is second in the parade lineup as it marches past admiring onlookers in the Columbus Day Parade.

#### **GIVE THANKS**

Share Your Blessings

## THE NEW COMMUNITY CLARION

The N.C. Clarion is published the first week of each month as a community service. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are appreciated by any and all concerned.

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#### **Hispanic Month**

The month of October, Hispanic Month, was observed by youths of New Community along with youngsters throughout the city. At the Springfield Branch Library material on Hispanic culture was made available. Books were read on hispanic poetry, food, music, art, contributions and heroes.



# Essex County College Dedicates Physical Education Building

Essex County College celebrated a milestone in its 17-year history with the dedication of its new Physical Education Building at the main Newark campus.

The formal opening of the \$4.4 million facility launched a week-long series of Open House activities that included the dedication of the college's newly expanded West Essex campus in West Caldwell on October 23.

The two-level Physical Education Building features the college's first gymnasium and first on-campus day care center. The 42,310 square foot structure will house day care facilities on the lower level. The upper level will include a 2,500-seat gymnasium, locker rooms, training laboratories, sauna, television studio and broadcast booths, dance studio, and multi-purpose areas.

"This bulding is an affirmation of the mission of Essex County College to educate the total being," said President A Zachary Yamba. "It will also provide a sound educational environment for the children in our day care program."

The new day care center will end the rental of area facilities to accommodate the children of ECC students and staff. The 16-room center includes classrooms, recreational aras, kitchen, lounge and office areas designed to provide a comprehensive child care program for 100 youngsters between two and five years of age.

The new facility, which is part of the college's Phase II building expansion, has been financed with \$2.4 million in county funds and \$2 million in state capital construction funds.

Since its inception in 1968, Essex has maintained a proud history of success in intercollegiate athletics ... an accomplishment all the more outstanding due to the lack of oncampus facilities for its student athletes. Despite the lack of a gymnasium, the college has produced 24 championship teams in track and men's and women's basketball. In addition to team accomplishments, eight student athletes have participated in Olympic track competition and many others have gained All-American honors in soccer, track and basketball.

The long-awaited campus expansion will now enable the college to upgrade its physical education curriculum, develop a comprehensive intramural and intercollegiate athletic program, and sponsor recreational events and community programs.

"This project fulfills a longstanding need for both the college and the community," said Yamba. "It is in keeping with the county college's mission to provide an athletic facility that will benefit students and the public."

# Educational Needs Addressed By Newton Street School

The Effective School Council of Newton Street School held its first meeting of the school year at St. Joseph Plaza on Tuesday, October 15, 1985.

Newton Street is an Area II school and Mr. Charles P. Mitchell is the assistant Executive Superintendent assigned to work with them. The Effective School Council is made up of school staff and community people to address the following areas that make up an effective school:

- 1. Safe and Orderly Environment
- 2. Clear School Mission
- 3. Instructional Leadership
- 4. High Expectations
- 5. Effective use of Student Time on Tasks
- 6. Frequent Monitoring of Student Progress

7. Home School Relations

In addition to the above areas that were made into committees, the following committees were established:

- 1. Curriculum Committee
- 2. Drug Committee
- 3. Attendance Committee
- 4. Social Committee

The chairpersons of these committees received special training in group and community relations from the State Department of Health.

Mr. Thomas, the Principal of Newton Street said that he and his staff are "committed to working with New Community Corporation in order to have a community school that will allow the students to reach their total achievement."

Newton Street School Staff



NCC staff members join with members of the Newton Street School to discuss issues that will upgrade the educational system provided for the children of this community.

# =New Community Remembers=



(Left)

APRIL 16, 1982

Governor Thomas Kean sets the cornerstone for the New Community Manor housing development as NCC President Arthur Wilson watches.

(Below)

APRIL 18, 1985

Governor Thomas Kean tours St. Joseph Plaza with Mary Smith and Father William Linder during grand-opening ceremonies.



(Left)

OCT. 21, 1983

NCC Treasurer Mary Smith and Father William Linder chat with Governor Thomas Kean during NCC's 15th Anniversary Gala ball.

### Hidden Violence In The Suburbs-

Women Suffer Alone, But They Are Not Alone

Behind elegant closed doors in the suburbs there is violence. It is there, but nobody is talking about it; the police are never called. It is hidden, as if to deny it exists will make it go away.

Those who staff the Suburban Hotline for the Essex County Family Violence Porgram **know** the violence exists there. They know because distraught, frightened, women have called and told them so. The women ask what they can do, and where they can turn for help.

The PEACE Center, as the Hotline Office is called, is located on the campus of Caldwell College and is staffed by women 24 hours a day. It has been in operation for a year now. Volunteers trained by professionals answer the phone. If it is not a physical emergency, and if desired, the volunteers make an appointment with one of the six professional counselors who are available at the

Center. Both individual and group counseling is offered. If a woman must get out of her home immediately, she is put in touch with a professional from one of three shelters available and given a choice as to her course of action. Those at the shelter she has chosen, or from the Hotline, tell the caller what to take with her.

Some women call only once. Some call to ask about their legal rights. Some are ashamed that this is happening to them; they think it doesn't happen in suburbia, where people are well off

The truth is that their affluence compounds their problem, since if they leave, they have much more to lose in a material sense. It was a surprise to Cathy Silverman, coordinator of PEACE, to discover that most of the women calling were in their fifties or sixties, rather than in the 25-35 age group she expected. One of the main issues the counselors must

deal with is the fact that for the last 30 to 35 years of their marriage many of these women believed that the physical or verbal abuse which they received resulted from something they had done wrong. Only now are they beginning to realize the problem actually lies with their husbands.

Another difficulty which arises is that a batterer isolates his spouse from family and friends with threats. The women are "not allowed" to use mothers or fathers as resources. The only input they receive, therefore, is what the abusive husband tells them and this is, "It's all your fault."

Many have never lived on their own and have never worked before. To leave the marriage is scary.

It is a difficult cycle to break.

With the help of the counselors at PEACE, all of whom have degrees in counseling, many women are now questioning that statement, and finding a new person beneath the battered exterior. All have taken jobs, are earning their own money and are looking at themselves with a different point of view. In today's society, money is power; and in order to have power over your own destiny, that money must be in your own name.

To the statement, so often heard, "I didn't leave him because I wanted the children to have a father," Sister Clare Elton, Director of the program told us she asks the women to take a good look at the role presented to these children by their father—who beats their mother. Money in this case is not everything.

PEACE stands for Program to End Abuse in the County of Essex. It is a center sponsored by Babyland Nursery for the Essex County Family Violence Program. Speakers from the PEACE Center are available for any group. They are anxious to spread the word that there is help for suburban women who are victims of domestic violence.



Taking a call on the hotline, Cathy Silverman, coordinator of the Family Violence Program located at Caldwell College, prepares to take down pertinent information from a suburban caller.

Publicity has been circulated through posters in supermarkets, churches and hospitals and by phone calls to every police department and agency in Essex County but still more is needed!

Statistics recently released, state that 1 out of 2 women during their lifetime will suffer from domestic violence.

In order to continue the work they are doing they need donations from all of you. If you can help, please make out your check to:

Essex County Family Violence

Program 755 South Orange Avenue Newark, New Jersey 07106

If you need their help, call 266-6166. Don't wait any longer!



Sr. Claire Elton listens intently to a victim of suburban domestic violence at the PEACE Counselling Center on the campus of Caldwell College.

# The SANDOICH SANDOICH SHOP At St. Joseph Plaza 233 W. Market Street Newark, New Jersey

#### SUMPTUOUS SUNDAY BRUNCH 9 A.M. – 2 P.M.

Scrambled Eggs • Corned Beef Hash • Crabmeat Au Gratin
Baked Ham w/Apple Sauce Glaze
Beef and/or Pork Sausage • Bacon
Southern Fried Chicken • Shrimp Creole • Pasta
Hash Browns • Rice, Grits • French Toast • Toast
Corn Muffins • Buttermilk Biscuits • Rolls
Apricot Nut Bread • Carrot Bread • Fresh Fruit Bar
Pink Champagne Punch • Coffee, Tea, Iced Tea, Milk
Old Fashioned Lemonade • Orange Juice • Grapefruit Juice

All You Can Eat!

Adults - \$5.95 • Children 12 & under - \$3.00

# Holiday Clubs Available Through Credit Union

The holiday season is approaching once more. If it has caught you unprepared again why not prepare now for 1986 by opening a Christmas/Hanukkah Club through your NCC Federal Credit Union. Payroll deduction is available.

Deposits can be made directly or your present payroll deduction can be split to fund your Holiday account on a bi-monthly basis. Unlike regular deposits, however, Holiday Club funds cannot be withdrawn before they come due in November 1986. It is a type of forced saving for

those whose will power tends to weaken without help.

The following club plans are available:

Regular Amount payable on Deposit November 1, 1986 \$10.00 Bi-monthly \$240.00 \$20.00 Bi-monthly \$480.00 \$25.00 Bi-monthly \$600.00

Forms are available at The Credit Union office or through your site supervisor.

Open your account today and start saving for December '86. You'll be glad you did.

# ATTENTION ALL TENANTS NCC Health Care Center 623-2480

Transportation to NCC Health Care Center will be provided for your convenience.

# Prudential Board Meets At St. Joseph Plaza



Father William J. Linder addresses members of the board of Directors of the Prudential Insurance Company of America. Prudential board members, senior executives, and their spouses toured St. Joseph Plaza on Tuesday, October 8th, and dined at the Priory Restaurant which drew accolades for the fine luncheon. Afterwards, the Prudential enntourage took a bus tour which included NCC housing and the site of the proposed Neighborhood Shopping Center.

# Service Group Being Formed For Nursing Home

Are you a man or woman looking for meaning in your life? Perhaps you can find it right here in Newark, helping at the NCC extended Care Facility, nearing completion on South Orange Avenue adjacent to our modern apartment/town house complex.

If you belong to a church or civic group interested in community service, this might be your "golden" opportunity. For those who would like to be of direct service to both residents and clients needing medical day care, volunteers are needed in several areas. Many seniors have failing eyesight, so reading to people is important. Another very important job would be helping to feed those who cannot manage this on their own. Many elderly will need transportation within the facility, and persons with talent in the creative area of arts and crafts would be most welcome.

We will have a lovely gift shop where items can be purchased by visitors to cheer up the elderly residents. We will also have a library. Perhaps a retired librarian might be able to share some time working with us here. There will also be a horticultural room which will need those among you with "green thumbs" to keep it growing.

So you see, there are opportunities for those who are people oriented, with sales ability, with a love of books and for the garden club members with their expertise — Something for everyone.

Volunteers will make it all happen and our auxiliary will be very special to the residents in our extended care facility. We invite you to join. Both men and women are needed.

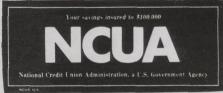
If you think you can help our elderly in this very important way please call Sister Patricia Lynch at 623-2800 extension 216.

She will arrange for a group tour of the new facility as soon as possible.

Credit Union Serving Community Well

The New Community Federal Credit Union, (NCFCU) and its shareholders are presently experiencing growing pains. Within the last several months the credit union has begun to issue personal loans, has seen employees increasingly take advantage of the payroll deduction system, has expanded its charter to include the Food Bank of Newark and Connection Cable Communication Corp., has enrolled parents of St. Rose of Lima School and has received its first non-member deposits.

Since its inception, the New Community Federal Credit Union has begun to implement the services necessary to meet the needs of our community. As of October 15, 1985, the shareholders' savings total \$70,000.00, and this amount is



rapidly growing through the payroll deduction system.

The Sentinels, security's non-profit benevolent association, has chosen to use the payroll deduction system as a vehicle for its members to collectively deposit their monthly dues into the club's account. The other advantages they enjoy are the use of the credit union's computerized record keeping, and the inherent convenience of reduced banking time. As forerunners in exploring the unlimited potential of the payroll deduction system, the Sentinels are demonstrating considerable initiative.

As the first of many services planned for the NCFCU, the granting of loans for qualified members is in full swing. The interest payments from these loans will be one of the Credit Union's Revenue sources in creating dividends for shareholders. The volunteer members of the Credit

Committee have prudently issued over \$40,000.00 in loans to aid credit union members. The loans which have been issued have helped several members in debt consolidation and other personal financial matters. We encourage all our credit union members to inquire into the requirements necessary to qualify

**New Companies Join** 

We are proud to welcome two new companies from our neighborhood into NCFCU. Beginning this month the employees of the Community Food Bank of New Jersey, located in the Ironbound section of Newark, and Connection Cable Communications Corp. on Central Avenue, will begin depositing their savings through payroll deduction. Both companies were officially incorporated into the NCFCU charter on August 22, 1985.

The Community Food Bank of New Jersey was incorporated in 1982 by Kathleen DiChiara with initial financial support from the Archdiocese of Newark. The Food Bank serves as a distribution center for over 370,000 pounds of food each year to non-profit organizations that provide meals to the hungry, especially elderly and infants. In 1984, the Food Bank was responsible for distributing foods valued at \$8,000,000.00. At the request of Karem Reed, the personnel director, who fought to bring the advantages of a credit union to their employees, we have successfully been able to include them in ours here at New Community.

Connection Cable Communications Corporation, founded in 1979 and the nation's largest single cable franchise owned and operated by minorities, similarly plans to participate in the credit union. Mr. Barry Washington, President of Connection Cable Communications Corp. and a prominent Newark businessman and civic leader, has

nursed his company into an exceptionally high quality cable franchise that serves over 120,000 households in our area. Joyce Hayner, his executive assistant, had done considerable research on the advantages of credit unions before organizing her fellow employees to join.

parents, and also informing them of the student banking program that will begin shortly. Student banking is being reinstituted within the school, at the suggestion of President Singletary and Principal Art Wilson, who recognize the inherent educational value in student banking. The program allows students to



Sentinel Officers (left to right) Sgt. Matthew Richardson, S/O Patricia Sherrod, Cpl. Sherrie Eure, Sgt. Bernard Holloway, and Sgt. William Cameron hand Patrick Richards, NCC Credit Union Manager, payroll deduction forms that will channel the individual monthly membership dues into the Sentinel account.

The credit union has also begun to receive unsolicited deposits. These depositors are making their monies available to the NCFCU so it will be able to recirculate the money through our community as loans.

President Roberta Singletary, and Patrick Richards, the NCFCU manager, recently met with the Parent Teacher Association of St. Rose of Lima school to introduce them to NCFCU and sign up parents wishing to join. The meeting succeeded in signing up interested

develop a respect for the value of a savings account. It will hopefully be a habit the students will take into the future when they leave the school.

The New Community Federal Credit Union is gradually beginning to take on the many facets of its challenge to service the needs of its different members. It is exciting to watch it grow steadily and also exciting to see that it includes in its Network of resources participants from within and outside of our community.

# Clinton Milk: The Company With A Heart

Less than a stone's throw from New Community family housing, in the heart of Newark's Central Ward, the Clinton Milk Company has been conducting a thriving milk processing plant for over 40 years.

Fifteen years ago seven major milk plants operated in Newark, among them Borden, Sealtest, and Dairymen's League; today Clinton Milk, headed by the energetic, enterprising and very likeable Kelly Marx, is the only remaining one. Asked how his company came to be the last milk plant in Newark, Kelly said, very simply, "We decided we didn't lose faith in Newark."

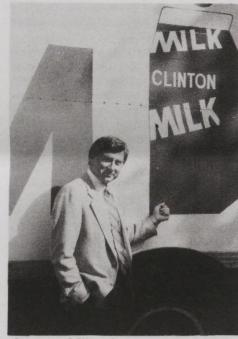
Newark apparently had faith in Clinton Milk as well; even though the plant was in full operation the whole time, it emerged untouched from the '67 riots, which Kelly attributes to the fact that the company always involved itself in community affairs.

Kelly himself is Newark born and bred, receiving his higher education at Cornell University and after



Enjoying his work thoroughly, Kwame Goodwin found his new job at Clinton Milk through the NCC Employment Center.

graduation serving as Lieutenant in the U.S. Navy. Philip Marx, Kelly's father, founded the company in 1921 at its present Morris Avenue location. Starting out as a bottle-washer in his father's plant as a youngster, Kelly



Clinton Milk Company president Kelly Marx is dwarfed by a huge carton of milk painted on the side of one of his trucks.

became fully involved in the business by 1957, taking over the presidency of the company in 1972. The elder Marx stayed on in an active capacity until his death at 85, two years ago.

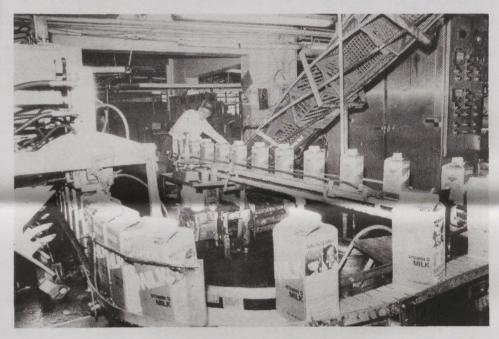
In 1946 the company started doing its own processing, which involves pasteurizing, homogenizing, and packaging. It has since expanded to include other products such as ice cream mix, chocolate milk, iced tea, fruit drinks from concentrates, macaroni salad and cole slaw, cottage cheese, sour cream and yogurt, and the distribution of Tropicana juices.

The edifice housing the Clinton Milk Company is a complex labyrinth of houses, factory space and rooms on

many levels. As the need for expansion arose, the offices and work areas spread into adjoining properties and, like Topsy, just grew. Raw milk originating from farmers' groups in New York and New Jersey is stored in a huge 20,000 gallon silo rising over the roof of the plant. The plant itself is a bustling, efficient operation with typical robot-like assembly lines which prepare and fill the vari-sized containers after the pasteurizing and homogenizing processes. The company produces 10,000 gallons of milk per day in addition to the aforementioned products, all of which eventually find their way to the consumers within a 50 mile radius of Newark via a 30 truck delivery force.

Over the years, Kelly has amassed an excellent staff of 75 people, many of them amazingly long-tenured. For instance, Ed Fafinski, Vice President, has been with Clinton for 35 years, Frances De Francisco, corporate secretary, 36 years, other employes anywhere from 12 to 20 and more. Among the newest employees is 20 year old Kwame Goodwin, who came to his job on October 21 through the New Community Employment Center, starting out at Clinton Milk as a utility worker.

Kelly Marx sums it up this way: "We consider ourselves more than just a milk company. We are a very active part of the community. We've had side panel programs on cartons for years where we've advertised community projects and right now we're missing children, It's something we've done for a long time. We've supported youth groups and individuals and actively participated in many community affairs. We're not just here as a daily tenant. We've worked with the Mayor and George Branch - we're more than just a processing plant. We're the company



Paul Curcani keeps a watchful eye on the assembly line as 1/2 gallon milk containers speed by, each with its side panel message on missing children.

# 500

#### NCC Employment Center

Sometimes job seekers forget how best to fill out an application, or what to wear, say or not say at an interview. Others may be utilizing newspaper ads but know of no other sources to check for a specific job they are seeking. On the other hand, it may be that the job seeker is willing "to do anything" but needs to focus in on exactly what "anything means". In addition, people may have had problems at previous jobs but don't know how to overcome their past or to learn new ways of handling difficult or uncomfortable situations. Often such a person would like to learn a few tips that could help him or her but doesn't have the time to attend a month-long or even week-long training program. If this sounds like you or someone you know, read on. New Community Employment Center has an offer for you!!

In response to your real needs Patt

# Looking For Work But Feeling Frustrated?

S-DeLuca, Youth Counselor, and Deborah Neal, Co-director of the Center, are now offering refresher courses available every Friday morning from 9-11:30. Applicants interviewed during the week would be invited to return that Friday to follow-up on any specific needs or questions they might have. Former applicants are also encouraged to take advantage of this on-going service. Just a phone call is all that is needed to register.

During each session we will address specific needs of each applicant, encouraging group participation so that we can all learn from each other. Specific job hunting skills will be outlined on hand-outs that participants can then take home to utilize on their own during their job searching.

Anyone can come back for as many Friday morning sessions as they wish. You may desire to do this when you feel nervous about an important interview coming up or if it's been two weeks and you've gotten no interviews and feel frustrated. Whatever the reason, know that a helping hand and an understanding ear are always available to you here at New Community's Employment Center (15 Hill St. Newark).

Youths, ages 16-21, can call Patt S-DeLuca. All others may call Deborah Neal. The best time to reach any of our councelors to make an appointment for an interview or for former applicants to directly register for a Friday session, is in the morning between 9 and 9:30 at 643-3828. GIVE US A CALL—it could make a BIG DIFFERENCE in your life!



Patt De Luca (second from left) goes over some salient points in filling out job application forms with (left to right) Edward Davis, Jewelry Brinson, and Alton Harris.

# Computer Center Finished ...

(Continued from Page 1)

which was according to Jim, the "make or break day." The two "were asked to show us everything we had studied from their software manuals." Because they had studied the information received so well, Jim knew they were the ones in control of the demonstration. In a later conversation with Mike McDonnell of Hewlett-Packard, the vendor chosen, he expressed his admiration for the thoroughness of the work of the NCC program committee as did Mark Jennings, sales representative for OPUS—the software vendor chosen by NCC.

Having narrowed down the issues to about 25, the finalists were asked to respond to them in writing. One of the criteria concerned whether the software being offered was part of a standard package — already available and tested — or a custom module which entails risk and extra cost. Each report was then ranked in terms of its content format, and

selection process was detailed as to benefits and costs.

Approval from NCC and NJHFA came on August 1st and the order was placed with Hewlett-Packard for hardware and OPUS for its software.

From Hewlett-Packard's point of view, Mike McDonnell, sales representative for HP commented on the tremendous amount of work put into the process by the NCC team and joked about having to do more work himself as a result. He was asked to 'provide them with information other people haven't bothered to ask for, and they should have." They tore apart tons of information, according to McDonnell, and came back with questions about every item. "They treated the money for the project as if it was their own," he said. They were thorough but fair.

Asked what made NCC choose Hewlett-Packard, Mike pointed out that hardware is basically the engine of a computer system whereas application software is what molds the



leveraged the sale. When the RFP was sent to HP, Mike made the connection with OPUS who had written their system on HP hardware. The final demonstration of the OPUS software with HP hardware proved them to be the winning combination for NCC.

In research and development HP ranks third in the nation and fifth worldwide, so NCC's future would seem to be in good hands.

OPUS, the software vendor chosen. was formed in 1976. Its main emphasis, decided the three principal owners, would be to provide customer software for Hewlett-Packard. Since one of its first customers was a real estate firm in Washington D.C., the property management they had developed fit NCC's requirements nicely. Typically about 90 to 95% of their program can be applied to all property management applications while the remainder can be customized for the individual company. About every 18 months a new version of the financial system is released.

OPUS today has 60 employees, and since the first four to five years are crucial ones for a software company it has also passed the test for financial stability. As software companies go, it is well established. Jennings told me with pride that his company is "still supporting every customer we ever sold to." "We will be here in the future," said Mark, emphatically.

The firm, which is located in Germantown, Maryland, also specializes

in software for The Association Industry such as membership organizations and non-profit organizations, and wholesale distribution, but since the country is saturated with vendors for these areas they only compete locally for these sales.

Mr. Jenning's felt that OPUS people are conscientious and proud of the job they do. He also felt that since they know their competition's weaknesses and benefits they are always competing; and as a result have the best product. "Head to head we think our product is better, works better, reads better and offers our customer a better system."

Jennings spent "an intensive day" with the NCC team at HP and was tremendously impressed by the time consuming, detailed method which they devised to quantify values before arriving at a decision; and thought their system was a very good way of doing it. He feels they have a lot more knowledge than most customers do at this point.

All in all the NCC project committee scored high marks with the vendors as they set up the computer center. Together NCC, HP and OPUS should be quite a team.

The main benefits of the system will be staff productivity, accuracy of information and timely availability of information.

Now on to implementing the system, testing it and processing the applications.

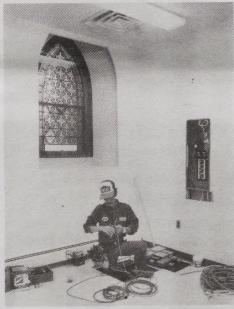
After that—who knows what the future will hold for New Community!



Skip Lee, Director of Finance and Asset Management at NCC goes over some fine points in computer operation with La Verne Dews, accounts payable clerk.

layout. The third criteria was the total cost of the combined hardare and software package.

Having completed their investigation, the project committee then wrote a complete proposal to both the NCC Board of Directors and the New Jersey Housing Finance Agency. The



Working beneath one of St. Joseph's unique stained glass windows, electrician Juanito A. Decano readies one of many power lines running under the floor of the main computer room.

system into your particular requirements. Therefore, the hardware criteria are a lot more general. He feels that financial stability of HP was helpful, but that they may have had an edge in the growth capability of the Hewlett-Packard 3000, the machine chosen by NCC. According to McDonnell the 3000 Series 42 belongs to a **family** of computers and will meet NCC's requirements well into the future despite the rapid growth it has been experiencing. Every software written on an old 3000 will work on the new ones.

Hewlett-Packard is also rated #1 in service and support. It has the ability to do remote diagnostics, where a customer engineer will dial into the system and diagnose the problem before arriving on site so repairs can be done more rapidly. Maintenance costs are therefore typically lower. An 800 number also allows systems to be fixed from a center in Atlanta when necessary by using telephone lines. The whole concept is fascinating!

"The real thing that made HP come to #1 however," McDonnell stressed," is OPUS — the application software. Their software solution in property management and finance was superior to what others have on the market. The fact that they wrote their software on HP equipment



On a tour of the Hewlett Packard plant in Paramus, Mike McDonnell, Sales Representative, shows CLARION editor Patricia Foley the company's comprehensive repair facilities.

#### Walk Don't Run



by Kerry Gillespie, **Exercise Physiologist** 

The jogging movement in our country is doing a great deal to promote fitness. The idea is to provide a fun, low cost way to obtain the benefits derived from aerobic activity. Unfortunately, there is sometimes an additional cost, such as injuries due to over stressing muscles, tendons and joints that are not prepared for the type or amount of force placed upon them by the action of jogging. There is, however, an excellent alternative: Walking! Charles Dickens, when writing about walking said, "Walk and be healthy. The best way to lengthen out our days is to walk steadily and with a purpose."

Recent research into walking has discovered many benefits to walking that were, until recently, thought to pertain only to jogging. The benefits include cardiovascular development, muscle tone and endurance and calorie consumption. In the area of calorie consumption it is important to note that a mile of jogging or a mile of walking will burn about the same amount of calories (about 100 calories per mile); the only difference is the time it takes to do them.

The major drawback to jogging is foot force: the amount of force that is exerted on the foot, ankle, knee, hip and on up the spinal column. Just the seemingly slight change that is made from a fast walk to a slow jog can increase the impact of the foot by 6 to 10 times the pressure over walking. And as you get older the body does not adjust to the added stress as well, so why do it if you can get the same benefit from

The chief advantage to walking is that it can be done anywhere—Parks in the nice weather, and malls and shopping centers on hot, cold or rainy days. You don't need special clothes, just a good pair of shoes. It is important to note that by walking, you greatly reduce the risk of cardiovascular complications due to over exertion. But better vet, it will be much easier to find someone to accompany you on your journey.



at ST. JOSEPH PLAZA 233 WEST MARKET ST. NEWARK, NEW JERSEY (201) 624-7373

Dr. Kenneth Cooper, the man responsible for the aerobics movement in this country, feels very strongly about walking and its benefits. Dr. Cooper feels that, "(Walkings') overwhelming advantage is that it can be done by anyone, anywhere and it doesn't even look like exercise!" The last part of that statement is very important; it is a widely held misconception that to be of benefit, exercise must be painful and hard and this simply isn't true. The aerobic guidelines for cardiovascular benefit state that a person must exercise 3 to 4 times per week for at least 20 to 30 minutes, to a heart rate that is at least 70 to 85% of his/her maximal heart rate (actual or predicted). If you meet these guidelines you will get the proper benefit.

I would like to make it clear that I am not against jogging—as a runner myself, who finds a great deal of benefit and pleasure in the activity. I feel that it is an inappropriate activity to start later in life. Not only is it inappropriate, but we have pointed out it is unnecessary when you can accomplish the very same goals with a sound walking pro-

To get started in a walking program you will need 3 things; a comfortable pair of shoes, a few spare minutes and a pleasant path in which to walk. You should always start out slowly and increase your pace and distance as you feel comfortable. If you have any questions about your health or ability to get involved in such a program, be sure

to consult your Doctor.

After a very short time you will find that you feel great and that you are able to increase your activity level with less effort. Feel good about walking and feel secure in the fact that you are getting all the benefits of jogging without the risks or pain. And when the neighborhood joggers come panting by and ask how come you're not running, just quote Calvin Coolidge when he said "I do not choose to run"—and walk

#### **FOOT FACTS:**

#### Healthy Feet Are Happy Feet

Office Hours at St. Joseph's Plaza 9 - 12 Mon.

9 - 11 every 1st & 3rd SAT.

FALLS AND ACCIDENTS -Decreased physical fitness, abnormal gait, foot problems and improper shoes increase the accident potential of the elderly. These suggestions may

•Take your time. Don't run for the bus; another will come along. Don't suddenly jump out of a chair or bed to answer the doorbell or telephone..whoever it is will wait.

•Do not walk barefoot. Wear shoes that provide proper support and stability. Be careful crossing the street. Use extreme caution when walking on icy surfaces. Hold onto stair rails. Use a cane.

•Have a suitable "grab bar" in the bathtub. Do not use bath oils, which make the tub slippery.

 Have adequate light for all situations. Do not have small rugs that slip. Keep traffic lanes through all rooms free from hazzards.

**Shoe Sense** 

When it comes to foot wear, fashion may be fun-it may also be harmful. Here are some helpful suggestions for you to consider when shopping for

Dr. Kenneth Frank

**Podiatrist** 



shoes.:

•Feet may swell during the day. To insure more comfortable fit, shop for shoes in the late afternoon and have both feet measured. The shape of the shoe should resemble the shape of the

•Choose the correct shoe for each activity. Wear shoes and socks that fit the feet. The toe box should allow for all toes to wiggle. The heel should fit snugly enough to prevent rubbing or blisters.

•The upper section of the shoe should be well ventilated and made of soft material to avoid pressure. Leather is best. Soles should be leather or a good quality synthetic material to protect and cushion the foot and provide support for sole and arch. Low broad rubber heels are recommended. Clearance between the longest toe and the end of the shoe should be approximately one-half

 Molded shoes are considered if a patient has deformities too severe for management with orthotics and is not a candidate for surgery.

## Health Care Update

<u></u>

In an effort to save money, more and more employers now offer a 'supermarket' approach to the health benefits package offered to employees. The employee has the opportunity to select the plan best suited to his/her needs. As a reduced cost to the employer, some new plans offer a financial incentive to the employee to stay healthy.

Likewise, Medicaid is offering alternatives to their traditional coverage. One new approach is the 'gold card'' plan of case management. All Medicaid care, except a life threatening emergency, must be coordinated and approved by the primary care physician.

Before signing up for any health care plan, be sure you are informed. Questions you may want to consider

• Is the doctor I usually go to a member of the plan? Can he still care for me?

JOSEPH PLAN

THE SANDWICH SHOP 233 W. Market Street Newark, N.J.

• If I require hospitalization, can I go to the hospital of my choice?

• Is a cash co-payment required for my doctor's office visit?

 What do I do if I don't like the doctors who are taking care of me as plan members?

• If I need medication or a specialist, what do I do?

 How far must I travel to have special tests or x-rays done?

 Are the hours when and places where care is provided convenient for my needs?

• If I am not satisfied, how can I select another alternative?

Consider carefully the choice you make; it is important to the well being of you and your family. Whatever decision you make, remember it's always less expensive to be a friend to yourself and stay healthy!

Connie Ford, RN MPA

#### SUBURBAN BATTERED WOMEN HOTLINE

Located at Caldwell College

Sponsored by Babyland Nursery, Inc.

Program to End Abuse in the County of Essex

**FOR HELP CALL 226-6166** 

Counseling and Referrals Available

**6** TAKE OUT BREAKFAST SPECIAL 7 A.M. - 9 A.M. Ham and Egg on Roll ......\$2.95 Sausage, Egg on Roll ..... \$2.95 Ham, Egg and Cheese on Croissant ......\$3.25 Bacon and Egg on Sausage and Egg on Croissant .....\$3.25

# NC Manor: Reflections Of The Past

We all wish we could go back in time and relive certain events of our past which were enjoyable and meaningful.

On October 5th two young residents at NCC Manor Senior got a chance to do just that. Mr. Ralph Branch, age 90, and Mrs. Lillie Davidson, age 92, took part in Manor's first "Tom Thumb Wedding." A mock wedding designed to recreate some of the moments one may have encountered during the wedding ceremony was held.

It was a splendid affair. The community room was bedecked with white crepe bells, invitations had



With her bottle, pacifier, and keys to rattle, Joyce Holmes really gets into the part of "Little Baby Bumpkin" at the mock wedding, causing big smiles to break out all around her.



Happy mock wedding couple Ralph Branch, 90, and "bride" Lillie Davidson, 92, break into laughter at the end of the "nuptials" as well-wishers smilingly watch.

been sent and there was a full reception of awaiting guests.

First to arrive were Mr. Curtis Watkins and Ms. Carol Leadbetter who provided ceremonial music and vocals. A lovely solo was also done by Mrs. Henrietta Dukes, a resident at Manor.

Next, in came the parents of the bride and groom. Parents of the Bride were Mrs Ethel Clark and Mr. James Mitter; Parents of the Groom were Mrs. Rachel Roberson and Mr. Valentine.

The wicked sister played by Mrs. Julio Williams, tried her best to stop the wedding. Eddie Perry, the unconcerned brother of the bride was

eye-balling the event in disbelief. Last to arrive was the youngest family member, "little" baby "Bumpkin" who just could not keep still and insisted on crawling around the floor and pulling on shoe laces.

At last, the joining of bride and groom was begun by our own Rev. Ben Jones, and when the final words were said, the reception followed. For refreshments there were a fresh fruit watermelon boat, champagne, punch and wedding cake. The audience of spectators was amazed by the festivities. This was surely a "Reflection of the Past".

Joyce Holmes Manor Senior



#### help tenants who need assistance or he directs them to the proper person. Mr. Simpson represents Commons Seniors in the Credit Union and is an officer in the NCC Tenants Association. Mr. Simpson has been an

Men's Club

140 Club

tion. Mr. Simpson has been an unselfish willing worker for the tenants of Commons Seniors. Congratulations to you for being recognized as Tenant of the Year. "Breakfast is still being served."

NC Commons Seniors

Mr. Ralph Simpson, President of

Commons Seniors Tenant Associa-

tion, Founder of the Mens Club,

Sergeant At Arms of the 140 club,

brought forth the plan of "Breakfast

is Served" and was in the fore front of weekend dinners for many, many

months. Mr. Simpson is available to

Ms. Viola Walker, President of the 140 Club extends a hearty welcome to the new members of the 140 Club and extends to every tenant of Commons Seniors the opportunity to join the Club.

Oldies But Goodies Every month the President (Pete) invites everyone in Common Seniors who wishes to participate to come down to the Community Room where meetings are called to help plan and work to make each festive occasion a success.

On October 9th a delightful day awaited all who went to Atlantic City. The day was a success. This was the Oldies But Goodies first Bus Trip. More Goodies are being planned. Arts and Crafts

Ms. Julia James and Zepher Johnson, plus other members are planning our festive sale on November 9th. Look for posters advertising wares to be sold.

All tenants are invited to come to the community room on Mondays and Thursdays and enjoy Arts and Crafts. Welcome All

We, the residents of 140 welcome all the new tenants who have moved in. Please come and join any or all Clubs of NC Commons Seniors. Connie Wise

#### NC Associates

Medication Awareness Conference

On Wednesday, October 2, 1985, Maude Jones, Marie Carson, Tony Brown and Phyllis Burton attended a Medication Awareness Conference at Town and Campus in West Orange, N.J.

The conference was enlightening and very interesting. The booklet, "Growing Older" (a service of Dorsey Pharmaceuticals), informs us that although everyone must grow older, aging does not have to be a sad or lonely experience. The elderly person should keep in mind that life is a series of changes. To live life to its fullest, it is necessary to adapt to these changes, even though this is not always easy.

Remaining physically and mentally active, eating properly and having regular medical care, can contribute to a happy and healthy life. Some elderly people require special services to enable them to live comfortably. The number and types of services and facilities being established for the elderly are continually increasing. It is important to remember that problems of aging often can be suc-

cessfully dealt with, enabling the elderly to lead normal purposeful lives.

We learned that the medicine cabinet in the bathroom is not a good place to keep all medicine, as the moisture from baths and showers could destroy some of the value of the medicine. A cool dry place is better, though not the refrigerator unless prescribed by a doctor.

It is never a good idea to share medication with someone else, since what's good for you may be harmful to others.

It is wise to ask your doctor and pharmacist all about your medicine. The doctor should also be aware of all our problems, so he or she can get an overall picture of our condition.

Senior Citizen Organization

The Senior Citizen Organization sponsored a Dinner for the Handicapped Saturday, October 12th. The afternoon was pleasant and easy going. The food was delicious and plentiful.

President Maude Jones is proud of her organization and the work it does for the community and appreciates the cooperation of her officers in these successful events.



Election of new officers took place recently for the year 1985-86. We all look forward to a happy year with our new and some old leaders. The past has been good, the present is going nicely and the future should just be terrific. Thank you one and all for assuming this responsibility.



Meet your new officers: (left to right, seated) Ruth Watson, Chaplain, Edna Davis, President, Geraldine Williams, Secretary. (standing) Edna Gillian, Political Action, Edgar Denson, Vice President, Mary Bell, Treasurer, not present in photo: Sgt. at Arms, Allie Mae Arnold.



#### At Your (Social) Service

by the Staff of NCC Social Services Department

#### NCC Family Conference A Success

New Community Social Services in cooperation with the N.J. Department of Human Services (DYFS) and Newton Street School held a Family Conference on Saturday, October 26th at the Newton Street School, in Newark. There were approximately one hundred people in attendance.

The theme of the conference was "Bringing the Family Together Through Better Understanding".

The need for such a conference came about as a result of the drastic cuts in programs that were designed to help the poor, as well as the soaring rate of crime. The conference

There were four workshops covering:

Health Concerns: Chaired by -Ivor Carlyse, Director of NCC Health Center; Panelist - Elsie Pilgrim, Coordinator Infection Control Unit, University Hospital; Education Coordinator - Mary Mathis, Essex County Planned Parenthood - William Bowers, WIC Program; Recorder -Roberta Singletary.

Crime/Drug Abuse: Chaired by -Georgia Ransome, NCC Crime Coordinator; Panelist - Edna Thomas, Executive Director, Soul House Drug Abuse, Detective John Smith,



Wayne Jeters, left, role-plays an abusive parent at the NCC Family Conference while Mary White, on right, acts as counselor. As role-playing focused on his childhood, the "father's" sister (center, played by Kathy Howell, DYFS member) appeared in skit. The audience understood more of the cause and effect involved with abusive parents as a result of the use of psychodrama in this way.

could not possible resolve the problems addressed in the workshops in one session. We did lay the ground work for a lot of follow-up sessions, where we can deal with problem concerns in detail. Also, we will be able to provide lots of information as to where to go for services.

A number of meaningful recommendations were made to relating to program needs. One suggestion was that a number of follow-up meetings should be set up at the various buildings, on a smaller scale, whereby additional resource people can be invited in order to offer a broader variety of information that will be beneficial to our residents.

The keynote address was given by Rev. William Linder, pastor of St. Rose of Lima Church. His topic was New Community "On The Move".

Kathleen Howell, from the N.J. Department of Human Services, directed a psychodrama entitled "Lennie", which was a play about child abuse and parenting issues. The characters included: Mary White, Jesse Lawrence, and Wayne Jeters, all of whom are DYFS employees.

Newark Police Department, Samad Ali, Program Director, International Youth Organization; Recorder Eleanor Sorrells.

Problems of Parents/Teenagers Relating: Chaired By - Eladio Negron; Coordinator - NCC Youth Department; Panelist - Kenneth Travitt, Vice Principal, Newton St. School; Sr. Trainer - Gregory Smiles (DYFS) - He also gave workshop review; Asst. Trainer - Cynthia Eason (DYFS); President - Frances Dudley (Garden Tenant Association).

Sexual Abuse: Chair - Gloria Chambers; Coordinator - NCC Homemaker Program; Panelist Michele Ubanik (DYFS), Lt. Kenneth

Wilson, Newark Police Dept.
Aside from the workshops a delightful luncheon was served free - Councilman George Branch was present to cheer everyone on. On the night before the conference a preconference get together was given at St. Joseph's Plaza - a delicious buffet and beverages were served.

We would like to offer our gratitude to everyone who helped to make this

#### Summer Helpers And Youths Recognized

An Appreciation Awards Dinner was held on October 17, 1985, at NCC Associates, 180 South Orange Avenue, Newark.

The affair was an attempt by NCC Youth Council and Social Services Department to give something back to all the wonderful people that made this past summer program a great success. The awardees were summer youths, who worked through the Summer Youth Employment Program, NCC Basketball team, summer volunters and summer staff. The contributions these individuals made this past summer were vital to the success of our summer program and the key to future programs.

When people get together, people from the community especially, that's when miracles occur, and people need to be commended.

Sometimes we don't acknowledge good deeds enough. We need this type of appreciation at all levels; everyone wants to know that their work, good or bad was appreciated.

I would like to thank Father Linder for a very inspired keynote address. I also want to thank the following for the show of support, Mr. Gerard Gannon, Sister Anastasia, Mr. Skip Lee, Mr. Jim Rohman, Sister Veronica, Sister Pat, Mr. & Mrs. Ceclia Faulks, Mr. Joe Chaneyfield, Mr. James Dubose, Ms. Madge Wilson, Mrs. Gloria Chambers, Ms. Joyce Holmes, Mrs. Washington, all summer youth workers, summer supervisors and volunteers.

Thank you all.

Eladio Negron Youth Coordinator



Summer youth workers receive their award placques from Eladio Negron, NCC's Youth Coordinator, at a special awards dinner held October 17 at NC Associates.



A job well done: NCC's Celtic Basketball Team members receive their awards at the Oct. 17 Appreciation Dinner. Left to right: Joe Lenard, Donnie Frazier, Maceo Brown, Gerard Jeter, Kevin White, Darren Davis, and Doug Evans.

#### A CHANGE OF PACE



Relax in the quaint atmosphere of the Atrium in St. Joseph's Plaza. Enjoy a delicious buffet including chilled wine, beer and many of your other favorite drinks.

For your listening pleasure piano selections by Curtis Watkins accompanied by Emily Ross, vocalist.

#### FRIDAY NIGHT SPECIAL from 4 P.M. until closing

Shrimp Jambalaya • Saute Chicken Liver and Giblets w/Onion Barbecued Chicken Wings • Swedish Meatballs White Rice • Macaroni and Crabmeat Salad • Cheese Straws

Three types of cheese dips and an assortment of potato chips, crackers and frito chips, salted peanuts.



# Community Food Bank And New Community Join Hands

Trying To Make Life A Little Better

**Brown Bag Program** 

Brown Bag Programs, begun in California in the 1970's, are designed to supplement the food budgets of senior citizens on a fixed income. In addition to the bag of groceries they provide, a Brown Bag Association offers its members the opportunity to participate in all aspects of the program. Because senior volunteers are a vital aspect of the organization, they have more control over the decisions that affect them. A small membership fee also increases the participants' investment in the program.

By volunteering their time, members get the opportunity to help others while also meeting other seniors. Some can also assist shut-in members by delivering bags to their

Brown Bag Programs are not intended to provide the primary source of food for their members. They can, however, ease the pressure on a limited food budget, allowing more money for other expenses. A typical bag of food might include some kind of pasta, yogurt or cottage cheese, cereal, bread and perhaps some juice or produce in addition to other products.

**Program Operation** 

On the day of distribution, a delivery of food will be transported from the Community Food Bank to the distribution site. There, food can be sorted by volunteers into individual grocery bags. Each member can then pick up a bag, and some can also deliver bags to shut-in members.

Most Brown Bag Programs are organized by a small core group of volunteers. This group may consist of: Site Chairperson or Chairpersons

In charge of overall supervision of distribution, including record keeping and bagging, as well as clean-up. Keeper/Membership Record Committee

Enrolls new members, keeps records of attendance and volunteer

Transportation/Storage Commit-

Arranges for food delivery and storage.

**Bagging Captain** 

Recruits and organizes volunteers for bagging; maintains supply of Shut-in Delivery Committee

Keeps list of shut-in members, recruits volunteers to deliver bags to their homes, and periodically checks deliveries.

N.C.C. has initiated the Brown Bag

Program in four sites this month with the hope of enlarging the participation very soon to all of our buildings. Look and listen for more information. We will be in touch



Volunteers at NC Associates fill individual grocery bags with speed and enthusiasm as part of the Brown Bag Club food program.

#### Homework Hotline For Teens Opens At Newark Public Library

A new Homework Hotline, designed to aid teenagers in their homework assignments, has been put into operation at the Newark Public Library, Young Adult Room.

The Hotline, funded through grants from the Turrell Fund and Victoria Foundation, will be in operation Monday, Wednesday and Thursday from 3:30 - 6:30 pm and on Tuesday and Friday from 3:30 - 5:30 pm each week.

"We are pleased to begin this new service for Teens," said Bunny Grey, Young Adult Librarian and Coordinator of the program," and we invite young people to call us for assistance with homework related questions." The hotline was

developed to provide homework help, information and advice.

'If young men and women are to succeed in school, they must execute their homework assignments in a satisfactory manner," said Grey, "and we hope that this new service will provide much-needed help to those between 13 - 19 years of age.' Grey has reorganized the Library's Young Adult area which will include a Literacy component to help teens with reading problems and the addition of new, relevant teen oriented reading materials.

For help with homework related problems, call the Homework Hotline after school at 733-7810.

#### Social Services Gives **Appreciation Luncheon For** Senior Advisory Board

On Tuesday, September 10, 1985, twenty-four members of the N.C.C. Advisory Board for Seniors, Handicapped and Disabled, were honored at an Appreciation Luncheon, which was held in the beautiful Priory restaurant, located in the lovely, St. Joseph's Plaza.

Recognition was given to these leaders for their outstanding service rendered on behalf of the residents of

This board was established approximately two years ago. Its purpose is to assist the NCC Social Services Department in identifying needs, to make suggestions regarding the planning of programs, and to provide overall assistance in areas that will help improve the quality of life of our residents.

Everyone remarked about the lovely new furniture in the Priory, which arrived only days or so before the luncheon. Ms. Alma Hanks, president of the board, commented with a smile, "It could be said that we (the members of the Senior Advisory Board) were a part of the "Christening" of the new restaurant since we are probably the first group to enjoy this lovely new furniture.'

The food was excellent, and was very graciously served by Gail Chaneyfield and Alice Calhoun.

Just a small way of saying to all our board members. Thanks for a job well done!! Keep up the good work!!



### Greetings Colleagues & Friends

Join us Thursday evenings for "Jazz Night At The Plaza." For your listening pleasure we are featuring the Gene Phipps Jr. Combo. There is also a scrumptious buffet and cash bar from 4:00 p.m. to 11:00 p.m. This evening in conjunction with the "Change of Pace" on Friday nights has been designed to provide an opportunity for people from various companies and organizations throughout the city to meet one another in a beautiful and relaxing atmosphere. Plan to come and bring a friend. You'll be glad you did.

THE SULDING SU





Sgt. William Cameron (left) and Sgt. John Jackson (right) of NCC's Security force show off Security's Blazers sporting new rooftop emergency bar lights and built-in public address system.



# Thanksgiving



A day set aside each year to give thanks for the blessings received during the year is Thanksgiving Day, a legal federal holiday, observed the fourth Thursday of November. The first Thanksgiving Days were harvest festivals for thanking God for plentiful crops. One of the earliest harvest feasts was celebrated by the Hebrews more than three thousand years ago, and was called the Feast of Booths, or Tabernacles, and sometimes called Succos. Succos was a Thanksgiving for the harvest lasting nine days. A part of each of these days was spent in a specially built wooden hut which was know as a Succah. This was to recall the forefathers who had to dwell in wooden huts during their wanderings in the desert after they had left Egypt. The book of Deuteronomy in the Bible gives plans for this happy season of thanksgiving to God. In Deuteronomy 16:14 the people were told: "... rejoice in your feast..." Ancient Greeks held a harvest festival to Demeter whom they believed to the goddess of agriculture. The Romans called their harvest goddess Ceres and celebrated her festival, Cerelia, by forming merry processions and going through the fields playing musical in-

struments and singing.

We Americans have much to be thankful for, no matter how slight our plight or small our resources. Compared to the affluent, it may seem that we have so little materially, and perhaps many of us do, but contrasted with the poor of other lands, we are considerably less unfortunate. The fringe benefits alone for being American are significant enough for many, to warrant gratitudes. We have but to search the inner sanctum of our personal lives to find some things which we feel are good. Dwelling on those things which we pleasantly possess dispells the clouds of discontent and ingratitude. Too often we concern ourselves with material things that we want but do not have, and overlook those things that we do have. We fail to count our blessings; but if we did so, we might find that we have much to be thankful for. We rob our own lives when we fail to give thanks for the blessings that daily are ours.

This Thanksgiving Day, let us give thanks by sharing our blessings with those who are less fortunate.

Lewis Graves Springfield Branch Newark Public Library

# Big Brothers Camp Out

Saturday October 19, 1985, members of the N.C.C. Big Brothers program took a camping trip to the Pocono Mountains.

Security Officer Moultrie, s/o Scott, Jim Rohrman and the following club members participated: Eugene Thomas, Kinard Thompson, James Richardson, Scott Brown, Anthony White and Larkeese Collins.

On Saturday after setting up camp we went on a four mile hike through the trails. Our hike stirred up our appetites so we returned to camp and ate. After our meal s/o Moultrie took us to the lake to see the view. Before leaving he decided to look a little closer at the water and fell in. Boy was it cold!

Later that evening we all sat around the campfire and toasted marshmallows and told ghost stories.

On Sunday we were up at daybreak, hungry and looking for a hearty meal, which s/o Scott prepared. We had plenty of bacon, eggs and hot chocolate.

Around noon we broke camp and went on a seven mile hike.

We would like to give special thanks to the director of Security, Jim DuBose, for his 100 percent support and cooperation in helping us make this program a success.

For information on volunteering for the NCC Big Brother program please call s/o Moultrie or s/o Scott at 643-3766.



In boisterous spirits, the Big Brothers load sleeping bags onto their van under the sharp eyes of S/O Anthony Moultrie, in preparation for their camping weekend.

# St. Rose Students Visit A Pumpkin Farm

The Kindergarten, first and second grade students went on a guided tour to Matarazzo Farm in East Hanover. The students were able to walk through the pumpkin field and select their own pumpkins.

The day was just delightful with lots of sunshine. The trees were painted with bright red, yellow, orange and brown leaves. We had a spectacular view from the bus of all of God's Creations.

The students, parents and teachers enjoyed their lunch sitting on a blanket of yellow, orange, red and brown leaves over a carpet of green grass. They saw a family of pigs, some rabbits and a very friendly cat. It was an enjoyable day for all who went on the trip.

SR. CLARE



Who's got the best pumpkin? Pondering this question are Dennique Holoway, left, Arriene Elie, center, and Iesha Nelson, all students at St. Rose of Lima.



Searching for the biggest pumpkin is part of the fun as St. Rose of Lima students scour the Matarazzo Farm's pumpkin patch.

# **Educational Puppet Show**

On Friday, Oct. 25, Public Service Electric and Gas through their Community Affairs Department presented a puppet show to St. Rose of Lima Students entitled "Rip Van Twinkle."

The puppet show, in two acts, showed how dull and uninteresting life would be today without electricity. The presentation was most entertaining and implanted the idea that electricity should not be taken for granted.

Puppeteer, Jon Di Savino with the use of puppets, made the students aware of electricity's role in the quality of our lives.

St. Rose of Lima has always enjoyed the various programs presented by the Community Affairs Department of Public Service Electric and Gas Company. Parents were present and enjoyed the program as well as the children.



John De Savino, puppeteer, talks with one of his puppets during his performance at St. Rose of Lima School.

